



HAMILTON MOUNTAIN GYMNASTICS CENTRE

2019—2020 GYMSTARS PROGRAM INFORMATION

	Monday	Tuesday	Wednesday	Thursday	Saturday
PRE-SCHOOL AGE GYMNASTICS PROGRAMS (ages are as of September 2019)					
BABY STARS 16-30 Months—Boys & Girls 30 Minute Class		5:00-5:30 pm 5:30-6:00pm	5:00-5:30pm 5:30-6:00pm	5:00-5:30pm 5:30-6:00pm	9:00-9:30 am 9:30-10:00 am 10:15-10:45 am
TODDLER STARS 2 1/2 - 3 1/2 Years—Boys & Girls 60 Minute Class	5:00-6:00pm 6:00-7:00pm	5:00-6:00 pm 6:00-7:00 pm	6:00-7:00pm	5:00-6:00 pm 6:00-7:00 pm	9:00-10:00 am 10:15-11:15 am 11:30-12:30 pm
JUNIOR KINDER STARS 3 1/2 - 4 Years Old—Boys & Girls 60 Minute Class	5:00-6:00pm 6:00-7:00pm	5:00-6:00 pm 6:00-7:00 pm	5:00-6:00 pm 6:00-7:00pm	5:00-6:00 pm 6:00-7:00 pm	9:00-10:00 am 10:15-11:15 am 11:30-12:30 pm
SENIOR KINDER STARS 4 - 5 Years Old—Boys & Girls 60 Minute Class	5:00-6:00pm 6:00-7:00pm	5:00-6:00 pm 6:00-7:00 pm	5:00-6:00 pm 6:00-7:00pm	5:00-6:00 pm 6:00-7:00 pm	9:00-10:00 am 10:15-11:15 am 11:30-12:30 pm
SCHOOL AGE GYMNASTICS PROGRAMS					
STARS IN PROGRESS 2 Hour Class Girls born 2014, 2013, 2012	5:00-7:00pm 6:45-8:45pm	5:00-7:00 pm	6:45-8:45 pm	5:00-7:00 pm	9:00-11:00 am 11:30-1:30 pm
FUTURE STARS 2 Hour Class Girls born 2012, 2011, 2010	5:00-7:00pm 6:45-8:45pm	5:00-7:00 pm	6:45-8:45 pm	5:00-7:00 pm	9:00-11:00 am 11:30-1:30 pm
PRE-TEENS 2 Hour Class Girls born 2009, 2008, 2007	6:45-8:45pm	5:00-7:00 pm		5:00-7:00 pm	9:00-11:00 am 11:30-1:30 pm
SEMI-PRIVATE CLASSES CALL/ E-MAIL FOR PRICES	3-4 KIDS IN A CLASS CAN BE ADDED AT YOUR REQUEST				



HAMILTON MOUNTAIN GYMNASTICS CENTRE

2019—2020 GYMSTARS PROGRAM INFORMATION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PROGRAMS BY INVITATION OR TESTING						
STAR-ELITE 2X per week-2 hours class 4 hours/week Girls born 2015, 2014, 2013	4:45-6:45pm				4:45-6:45pm	
PRE COMPETITIVE 1 2X per Week—3 Hour Class 6 hours/Week	4:45-7:45pm					1:00pm-4:00pm
PRE COMPETITIVE 2 2X per Week—4 Hour Class 8 Hours/Week			4:45-8:45pm		4:45-8:45pm	
COMPETITIVE GYMNASTICS PROGRAM						
COMPETITIVE WORKSHOP Girls born 2013, 2012, 2011, 2010, 2009 2X per Week-2 Hour 15 Min Class 4.5 hours/week Advanced workshop-3X per week 6.75 hours/week		6:45-9:00 pm		6:45-9:00 pm		1:45-4:00pm
INTERCLUB 1 2X per Week—4 Hour Class—8 Hours/Week			4:45-8:45 pm		4:45-8:45 pm	
SPORTS AEROBICS WORKSHOP Girls 2008 or older 2X per Week—2 Hour 15 Min Class Mon/Fri 4:45pm or Mon/Fri 6:45pm	4:45-7:00pm 6:45-9:00 pm				4:45-7:00pm 6:45-9:00 pm	
PRIVATE & SEMI-PRIVATE LESSONS AVAILABLE BY REQUEST						
SPECIAL PROGRAMS						
ASPIRE: A program for gymnasts active in the Competitive Workshop or Sports Aerobics Workshop interested in the Coach-in-Training program and gaining experience to become a coach.						
30 Harlowe Road★Hamilton Ontario★L8W 3R6★Tel: 905.385.5981 www.hamiltonstargymnastics.com						